



COUNTYWIDE FITNESS CHALLENGE 2012

2012 Healthy Connections

Kenneth Hahn Hall Of Administration 500 W. Temple St., Los Angeles Room B-62

12:00pm – 12:50pm

January 19	Resolution Revolution 2012	CIGNA
January 26	Cervical Cancer Awareness	Kaiser Permanente
February 16	Vitamins – Facts & Fiction	UnitedHealthcare
February 23	Heart Health	Anthem Blue Cross
March 22	Super Foods & Super Moves	UnitedHealthcare
April 19	Positive Parenting Skills	EAP
May 17	Mindful Eating: Controlling Food Intake	UnitedHealthcare
May 24	Women's Health	Kaiser Permanente
June 21	The Keys to Long Term Weight Loss	CIGNA
July 19	Learn About Braces – A Beautiful Smile for Everyone	Delta Dental
August 16	Dealing With Difficult People	EAP
September 20	Diabetes Awareness	Anthem Blue Cross
October 18	Oh My Aching Head – Dealing with Headaches & Migraines	CIGNA
October 25	Breast Cancer Awareness	UnitedHealthcare
November 15	Cooking the Healthy Way – Live Food Demo & Samples!	Kaiser Permanente
December 6	Managing Stress During the Holidays	Anthem Blue Cross